

## ABSTRACT

The present invention provides a focus position adjustment method for adjusting a focus position by which an optical storage device reads an optical storage medium. The optical storage medium comprises a header and a recording area. The optical storage device generates a focus error signal as reading the medium and utilizes the focus error signal to control the focus of the optical pickup head. After the optical storage device finishes tracking closed loop, the method is performed according to the deviation value between the levels of focus error signals of the header and the recording area to adjust the focus position to make the deviation value fall in a predetermined range. The system comprises a deviation value detection module for determining the deviation value and a focus control module for adjusting the focus position.